



National Fruits and Veggies Month Recipe

Navy Chief's Bean Peach Salsa

Ingredients (serves 4-6)

- 1 can (14-15 oz.) low-sodium black or kidney beans, drained and rinsed
- 2 ripe peaches, cubed, skin and pits removed
- 1-2 diced jalapeños (depending on desired level of heat), seeds removed
- 1/4 large red onion, diced
- 1/2 red bell pepper, diced
- 1/2 green bell pepper (optional)
- Zest of one lime (optional)
- Juice of one lime
- 2 tsp. ground cumin
- 2 garlic cloves, minced
- 2 tbsp. fresh chopped cilantro (optional)
- 1 tbsp. olive oil
- Dash of salt

Directions

1. Blend all the ingredients together in a medium-sized bowl.
2. Cover and let rest in the refrigerator for the flavors to blend for at least an hour.

Tips

- Start out with just one jalapeño and assess the level of heat after the salsa has had a chance to blend for one hour. If desired, add additional jalapeño and let the flavors blend for another hour.
- Use this salsa to top your favorite piece of grilled meat, baked potato, or mixed greens salad. This is even a tasty topping for baked sweet potatoes.
- Serve the salsa alongside whole grain tortilla chips or as part of a Sunday brunch (egg burritos and cheese).

Navy MWR Nutrition Tip: Upgrading your diet with beans adds 10-15 grams of protein per one cup serving, 12-15 grams of fiber and is low-fat. Beans are a high-octane fuel to include when planning your meals to meet the "big three" macronutrients: carbohydrates, protein and fats.



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